

*Meta Given's*

MODERN  
ENCYCLOPEDIA  
OF COOKING

VOLUME ONE

*A modern cook book, complete in every detail, brings the latest developments in home economics into your kitchen for a simpler, better and richer life.*

THIS BOOK IS DEDICATED TO

DR. EVELYN G. HALLIDAY  
*of the University of Chicago*

whose contributions  
to the field of Home Economics  
has won nation-wide recognition.

J. G. FERGUSON AND ASSOCIATES  
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# The Diet Pattern

*This vital chapter might have been called "What Every Meal-Planner Ought to Know." In it you will find the facts about food and its nutritive value presented in a down-to-earth manner that takes them out of the laboratory and brings them right into your kitchen. These are the basic things YOU as planner and cook should know about food if you want to see YOUR family enjoy the exuberant health which comes from a well chosen diet!*

\* \* \* \* \*

THE 365 daily menus used in this book have been built to include the basic foods which supply the normal individual's daily needs for protein, minerals, vitamins, and energy. The menus were planned to conform to the diet pattern,\* which includes the following ten classifications of food to be eaten daily.

## SERVE EACH DAY

1. 1 quart milk for each child and 1 pint for each adult, in cooking and as a beverage. See page 248 for milk equivalents.
2. 1 serving of meat, fish, poultry or cheese. Liver or other variety meat weekly.
3. 1 green (preferably leafy) or yellow vegetable, raw or cooked.
4. 1 other vegetable, fresh, canned, frozen or dried (besides potato).
5. 1 serving of potato;† white, sweet, or yams.
6. 1 egg daily if possible; otherwise at least 3 or 4 times weekly.
7. 3 to 5 tablespoons of butter, or oleomargarine fortified with vitamin A.
8. Whole grain or enriched cereal—bread, breakfast food, cake, etc.
9. 1 serving of citrus fruit, or tomatoes, or tomato juice.
10. 1 other fruit, fresh, canned, frozen or dried.

When these ten basic classifications of foods have been incorporated into the daily menus, the body's nutritional requirements for health are met, as far as is known today. Additional foods are added for appetite appeal, variety, and greater energy value.

\* This diet pattern meets the Recommended Dietary Allowances adopted by the Food and Nutrition Board of the National Research Council, which was organized to advise on nutrition problems in connection with the National Defense Program.

† About once a week rice, macaroni, spaghetti or noodles are used instead of potatoes, for variety. However, these cereal foods do not adequately take the place of potatoes, since they are not so good a source of vitamins and minerals. Therefore, we have taken particular pains, on the days when potatoes are omitted, to include extra quantities of green and yellow vegetables, or other foods which make up the deficiency.

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The basic foods should be selected not for food value alone, but also for texture, color and flavor contrast, which helps make the meal attractive and interesting. For example, a meal in which all the foods are white or light-colored has little eye appeal. In such a menu, broccoli will be more appetizing in appearance than yellow turnips. Such selections should always be made within the same class; both yellow turnips and broccoli come under class number 3 below, and so would squash or carrots which might be substituted.

Besides keeping the ten classifications of the diet pattern in mind when planning the menus (pages 49 to 152), we considered flavor, texture, color, seasonability and economy. In making substitutions, which may be necessary from time to time for a variety of reasons (such as family food preferences, or unavailability of certain foods on local markets), choose only foods from the same class in the diet pattern. For example, if you cannot get watercress when it appears on the menu, use another salad green instead.

The following table provides an easy guide for the selection of alternate foods when planning menus.

TABLE 1. FOOD CLASSES FOR SELECTION OF ALTERNATE FOODS

1. Milk and Milk Products*	
Whole milk	Dried skim milk
Skin milk	Dried whole milk
Evaporated milk	Ice cream
Buttermilk (cultured milks)	Cheese
2. Meat, Fish, Poultry, or Cheese	
Beef, all cuts	Fish, all kinds
Lamb, all cuts	Dried legumes, occasionally
Pork, all cuts, fresh or cured	Nuts, occasionally
Veal, all cuts	Variety meats, at least once a week
Poultry, all kinds	
3. Green and Yellow Vegetables	
Artichokes, French	Kale
Asparagus	Lettuce
Beans, green lima	Mustard greens
Beans, green snap or string	Okra
Beet greens	Parsley
Broccoli	Peas, green
Brussels sprouts	Peppers, green
Cabbage, green	Pumpkin
Carrots	Rutabagas
Celery, green (Pascal)	Squash
Chard	Soybeans, green
Dandelion greens	Spinach
Endive	Turnip greens
Escarole	Watercress

\* Two cups of evaporated milk are the approximate equivalent of one quart of fresh whole milk. A one-ounce serving of cheese, (cheddar type) is the approximate protein equivalent of 1 cup of milk. For calcium equivalent see chart page 29.

## 4. Vegetables Other than Green and Yellow.

Artichokes, Jerusalem  
Beets  
Cabbage, red  
Cabbage, white  
Cauliflower  
Celery, white  
Corn  
Cucumber, peeled  
Egg plant  
Kohlrabi  
Mushrooms  
Onions  
Parsnips  
Radishes  
Sauerkraut  
Turnips, white

## 5. Potatoes

White potatoes  
Sweet potatoes  
Yams

## 6. Eggs

Note: Although it is possible to provide the nutrients in eggs by a careful combination of other foods, no other single food is a substitute for eggs.

## 7. Butter or Fortified Margarine

Cream  
Note: Any fat is a nutritional substitute for butter or margarine that has been enriched with Vitamin A.

## 8. Bread and Cereal†

Bread  
Breakfast cereals  
Cakes, muffins, etc.

Note: At least one-half of all the food in this group should be whole grain products or made from enriched flours.

## 9. Citrus Fruit and Tomatoes or Other Fruits High in Vitamin C

Cantaloupe  
Currants  
Grapefruit and grapefruit juice  
Guavas  
Lemons and lemon juice  
Limes and lime juice  
Mangoes  
Muskmelon  
Oranges and orange juice  
Papayas  
Strawberries  
Tangerines and tangerine juice  
Tomatoes and tomato juice

## 10. Fruits Other than Citrus and Tomato

Apples  
Apricots  
Avocados  
Bananas  
Blackberries  
Cherries  
Cranberries  
Dates  
Figs  
Gooseberries  
Grapes  
Loganberries  
Melon, honeydew  
Melon, watermelon  
Peaches  
Pears  
Pineapple  
Plums  
Prunes  
Raisins  
Raspberries, black  
Raspberries, red  
Rhubarb

† Note that bread and cereal products are grouped together. It is satisfactory to use one instead of the other as desired.

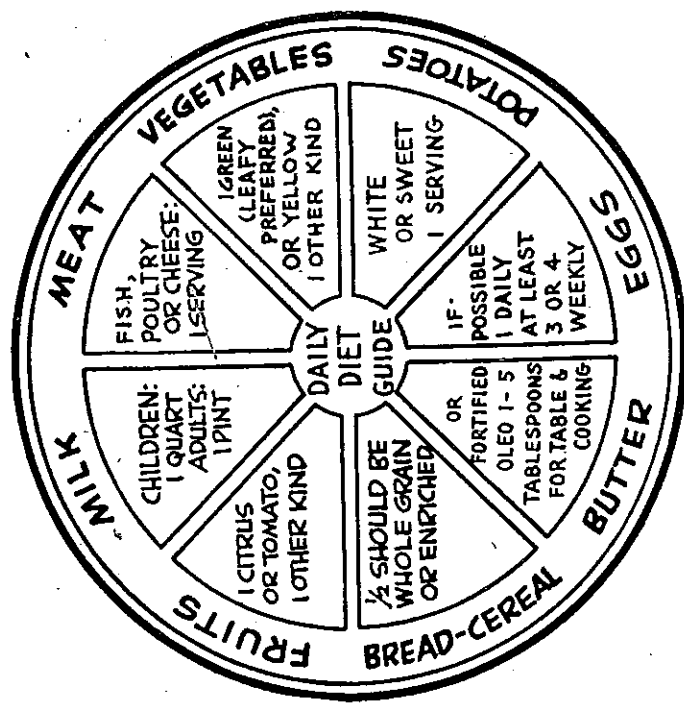
## THE DIET PATTERN ELEMENTS OF THE DIET

A well-balanced diet is made up of a great variety of foods, from which the body obtains the elements it requires for its growth, maintenance and repair. If one or more of these elements is persistently lacking or present in insufficient quantity, the health of the body will suffer—not suddenly or dramatically, but gradually, over a long period. This is the "hidden hunger" so much talked about by nutritionists, which is revealed not by hunger pangs but by lowered vitality, lowered resistance to disease, fatigue, poor teeth, and anemia; and in more acute stages by the deficiency diseases, such as scurvy, pellagra, and beriberi. This "hidden hunger" may be present even when the appetite is satisfied.

The essential food elements which must be supplied by an adequate diet fall into six classes:

1. *Protein*—builds and repairs body tissues (except fat).
2. *Carbohydrates and fats*—furnish heat and energy; an excess over needs will be stored in the form of body fat.
3. *Minerals*—build and repair teeth, bones and blood, and regulate body functions.
4. *Vitamins*—promote growth and maintain health and vigor.
5. *Bulk*—aids in elimination of body waste.
6. *Water*—aids in regulation of body functions, such as digestion and elimination of body waste.

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Here at a glance is a guide to the foods you should include in your menu every day. Listed around the wheel are the classes of food which go to make up a well-balanced diet; in the spaces formed by the spokes are the quantities of these foods which everyone should eat every day to get enough of the food elements necessary for health—calories, protein, minerals, and vitamins. These supply the *minimum* requirements. After they have been met by your day's menu, you can go ahead and add anything your family enjoys. This may be something extra, like a savory gravy, pie, cake or some other dessert; or it may be more of the same—an extra serving of vegetable, or of meat, or potato, or more bread or cereal. Each of these extras will add some additional food value, as well as pleasing flavor and the bulk that makes you feel satisfied when you have finished eating.

A diet is considered to be adequate if it supplies all of the recommended daily allowances in the following table.



A diet which supplies the essential proteins, minerals and vitamins, and also maintains the adult body at its normal weight, is supplying the correct number of calories.

Table 2, page 8, shows average caloric requirements for men and women in normal health, and for children at various ages.

It has been found that the health of children can be gauged by the rate at which they gain in weight. The following table is one which you can safely use in checking your child's rate of growth, for it was based on measurements of more than 167,024 white boys and girls with no serious physical defects. The child's diet should be such as to increase the weight at an average or better than average rate rather than just to maintain it.

TABLE 3. NORMAL RATE AT WHICH CHILDREN SHOULD GAIN IN WEIGHT.\*

Age, years	Boys		Girls	
	Approximate average gain		Approximate average gain	
	Per month, ounces	Per year, pounds	Per month, ounces	Per year, pounds
0-1	16	11-13	16	11-13
1-2	7	6	7	5 1/2
2-3	6	5	6	4 1/2
3-8	6	Avg. gain of about 4 1/2 lbs. a year	6	
8-12	8		8	
12-14	12	9	12	10
14-16	16	13	8	7
16-18	8	6	4	3

\* From *Nutrition and Physical Fitness*, Fourth Edition, 1943, by L. Jean Bogert. Published by W. B. Saunders Company, Philadelphia and London.

Up to 30 years of age, most physicians agree that it is desirable to be slightly overweight rather than slightly under; after that age, it is usually safer to be slightly underweight. The variation from normal weight, however, should usually not exceed 10 per cent in either direction.

In cases where weight must be reduced or increased due to pronounced variation from the normal, it is always wise to consult a physician, since many factors besides diet may play a part in causing the abnormality. It is safe to say, however, that in both reducing and gaining diets, and especially in the former, care must be taken to see that the full daily requirement of protein, vitamins, and minerals is met, because their regulating function is especially important when the normal balance of food intake is disturbed.

In a reducing diet *only total calories* should be decreased. *All* the other recommended dietary allowances *must be met* to maintain health.

## A READY-REFERENCE CALORIE TABLE

Because at all times the alert homemaker wants to know the relative caloric value of the foods she serves, and because you or some member of your family may at some time and for some reason need to restrict the diet to a certain number of calories per day, the following highly simplified caloric table of everyday foods has been compiled for your convenience.

The approximate caloric values for average servings of common foods are listed. It is difficult to standardize food measurements exactly, and there are differences in the composition of the foods themselves from time to time. However, these *approximate* figures for the caloric value of an average serving are a reliable basis for all household caloric calculations, and are based on the most accurate information available.

TABLE 4. APPROXIMATE CALORIC VALUES OF AVERAGE SERVINGS OF COMMON FOODS\*

Food	Serving	Calories
Apple, fresh	1 large	100
Apples, canned	3 large halves, 2 tablespoons juice (medium heavy syrup)	100
Apricots, dried, cooked	5 medium halves, 2 tablespoons juice	115
Asparagus tips, canned	1 tablespoon sugar	60
Asparagus, fresh, cooked	1/2 cup, 1 teaspoon butter	50
	5 large stalks, 7 1/2" long, 1 teaspoon butter	200
	1/2 medium, 3 1/2" long	100
	3 to 5 full length slices	100
	1 tablespoon	100
	1 medium	200
	2/3 cup	65
	2 1/2 cup, 1 teaspoon butter	50
	2 thin slices, 4" x 5"	170
	4 ounces	200-250
	4 ounces	75
	2 beets, 2" in diam., 1 teaspoon butter	75
	3/4 cup	150
	2 slices, 2 1/8" in diam. 1/4" thick, (2 ounces)	15
	3/4 cup	75
	1 medium slice	75

\* In calculating the caloric value of cooked vegetables and cooked cereals, the values of the butter, sugar, and cream have been included, since these foods are most commonly eaten in this form. If for any reason, the calories are being restricted, these foods may be eaten without 1 teaspoon of butter, (deduct 35 calories) 1 teaspoon sugar, (deduct 17 calories) 2 ounces cream, (deduct 110 calories) and eaten plain or with milk.